ES Magazine

Evening Standard Magazine 24/07/2015

RALEIGH RITCHIE ROCKS ON

LAURA CRAIK HITS KIDZANIA

AZIZ ANSARI LOOKS FOR LOVE

PITCH PERFECT

The Lionesses on fame, football and feminism

Friends

SEVEN DAYS

24-30 JULY

This week's capital outings

Edited by **Samuel Fishwick**

FRIDAY

FOXY LADY

H&M takes up residence at the Old Truman Brewery for six weeks, teaming up with singer Foxes (below) to launch its grunge-inspired Divided collection. Stock up on Aztec-print trousers for the late-night lock-in. *(hm.com)*

SATURDAY

SLIDES RULE

Ally Pally is pulling out all the stops for its first summer festival: *Dirty Dancing* at an outdoor cinema; two fun fairs; a silent disco; a 150m waterslide. Entry is free, but raid your piggy bank for ride money. *(alexandrapalace.com)*

SUNDAY

WELL HUNG

Who doesn't like a twist? The Hang-Up gallery's new *Dog Days* exhibition features works by 16 urban artists including Joe Webb (above) and Takashi Murakami (ES loves his current Vans shoe collaboration). New works are added throughout the duration of the exhibition to keep things fresh. Free entry. *(hanguppictures.com)*

MONDAY

TRICK 'N' TREAT

Pyrotechnics plus David Blaine-style escapology both feature in the mind-boggling magic show *Impossible*, but the real trick is squeezing it all into a single evening. Anthony Owen, the whizz kid behind Derren Brown's Channel 4 series, directs the five-week run. Until 29 August. Tickets from £42.25. Noël Coward Theatre, 85-88 St Martin's Lane, WC2 *(noelcowardtheatre.co.uk)*

TUESDAY

EMOTION PICTURE

Where's your head at? *Inside Out*, Pixar's latest movie (left), depicts the anthropomorphised emotions of an 11-year-old girl who's uprooted from her Midwest life and taken to San Francisco. Out now.

WEDNESDAY

HAIR APPARENT

King Charles (aka Charles Costa) holds court at Bush Hall. The hirsute crooner brings his beatnik blend of alt folk and lilting vocals to West London before hitting the road with Mumford & Sons and Ben Howard. Tickets £16 *(bushhallmusic.co.uk)*

THURSDAY

FISH PICKS

Mark Hix parks his famous 1971 Citroën H FishDog van at The Hat and Tun pub in Farringdon to deliver his signature fish finger sandwiches (£5.50), fish balls (above, £4) and spicy crab chips (£7). Until 14 August. 3 Hatton Wall, EC1 *(hixrestaurants.co.uk)*

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GET OVER IT

FESTIVAL ARM CANDY... *Arm still loaded with wristbands from* **GLASTO/WIRELESS/FIELD DAY**? *Get snipping. They look manky – and now doctors are warning that the bacteria on them causes food poisoning and, er, boils. Time to ban the band*

Cover photograph by Jonathan Glynn-Smith. *Styled by Sophie Paxton. For clothes credits, see page 24*

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FLASHBULB

Edited by **Samuel Fishwick**
Photographs by **James Peltekian**

What's the inspiration for your new album, JESSIE? *Just a mush of mushiness... relationship stuff – the usual.* **What's the downside to playing at British festivals?** *It inevitably rains, so you're thankful if you're playing in a solid tent.* **Dream dinner party guests?** *Larry David, Sade, Yotam Ottolenghi and my sister Hannah.*

Petra Palumbo *in COS*

Jessie Ware *in COS* **with Paloma Faith** *in Roksanda*

Lion Babe *in COS trousers*

Charlotte Wiggins and Sam Rollinson *both in COS*

MANE EVENT

SERPENTINE GALLERIES, W2

What One summer party wasn't enough, so Serpentine Galleries threw a second to kick off their Park Nights series in cahoots with COS. Hyde Park rumbled to the sound of Lion Babe's roaring vocals, while models Sam Rollinson and Charlotte Wiggins grooved to the beat **Food & drink** Pumpkin fritters, roast chicken, sticky toffee pudding; homemade vodka lemonade, champagne

Donna Air

Alice Eve

TRUFFLE SHUFFLE

SACKVILLE'S, W1

What Fun guy Henry Holland tucked his snout into Mayfair's newest truffle hotspot on its opening night before slipping off to prep his latest menswear launch. Meanwhile, Alice Eve picked up foraging tips from the restaurant staff **Food & drink** Beef tartare and grilled mushrooms en croûte with truffle dust; cocktails

Gemma Chan and Henry Holland

Giorgio Locatelli and Mark Hix

Florence Knight and Fay Maschler

CRITICAL MASS

L'ESCARGOT, W1

What Fay Maschler, the *Evening Standard*'s food critic, gave her 70th birthday bash 'ten stars'. Food was provided by some of London's top restaurants. Jackson Boxer and Michel Roux quaked in the corner with a Bao bun each **Food & drink** Jeremy Lee's smoked eel sandwiches, Richard Corrigan's oysters, Chutney Mary's lamb biryani, L'Escargot's snails; Laurent-Perrier champagne, Gin Mare, Ketel One cocktails

Giles Coren

INTERVIEW BY MIRANDA LARBI. ILLUSTRATION BY KATHRYN RATHKE

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TRENDWATCH

LAURA CRAIK

Our arbiter of style on a reality show waiting to be made, Alexa's criminal appeal and why the Dark Ages have never looked so good

BABY LOVE

Last week, a woman believed to be sleeping rough in Marble Arch gave birth in broad daylight, assisted by police officers turned midwives for the occasion. And then there is Briana Jungwirth. Rather than being born in what is, essentially, a large roundabout in Central London, Briana's baby will enter the world in Cedars-Sinai, LA hospital of legend, where North West was hatched and Frank Sinatra was dispatched. This is because Briana's baby daddy is Louis Tomlinson and Briana's baby isn't just any random zygote but The World's First 1D Baby.

For those living on Planet Duh, this doesn't mean that the baby is literally one-dimensional. Even if it inherits its father's personality, it will still – physically, at least – be resolutely 3D. Rather, 'The World's First 1D Baby' looks like One Direction's management team desperately trying to make a franchise out of a fling. But then 'Silly Louis Didn't Wear A Condom' doesn't really have the same ring.

Silly Louis, though. What are we to do with him? Neuter him before he turns into Jude Law? But it's fine, because he's rich and cute, and Briana is blonde and cute, and the baby will be cute, and even though the soon-to-be parents are not in a relationship and never were (their union began in the time-honoured way – in a nightclub), it's all just peachy, because Louis 'is genuinely excited and gung-ho about becoming a father'. It's almost touching how many young men are gung-ho about becoming a father. Some even manage to sustain this feeling right up until they ejaculate.

'Briana is a really lovely girl; she's absolutely not interested in Louis' fame,' said A Friend, shortly before Briana and her entire family moved out of their modest Calabasas house to a five-star hotel. 'His team have made all the hotel arrangements and will pick up the bill, too. They've offered to take care of the whole family,' says Another Friend, adding that Simon Cowell has been 'helping every step of the way'.

Uh-oh. Is it just me, or does the whole thing have 'Reality TV Show For When The Kardashians Finally Implode' written all over it? Consider the evidence. The baby mama is called Briana. Briana's stepfather is called Brett. Better still, Briana's mother is a youthful, 47-year-old blonde called Tammi. Granni Tammi is practically begging for its own hashtag. Like Kris Jenner, Granni Tammi could be the worldly wise lynchpin of the show. Come on. Don't say you wouldn't watch it.

Close encounter *Louis Tomlinson and Briana Jungwirth in May*

It's almost touching how many young men are gung-ho about becoming a father. Some even manage to sustain this feeling right up until they ejaculate

Sought after *Alexa Chung in Alexa Chung for AG*

SWEATER THEFT

Living in London, you expect, at some point, to have your wallet nicked, or your iPhone, or your favourite scarf. You don't expect your manky old sweatshirt to be thieved from a park bench while you're having a jog. 'Why would anyone want my sweaty top?' I wondered. Then I realised I'd jogged (I know everyone else calls it 'running', but this would be erroneous, implying a velocity of limb I don't possess) a couple of laps wearing the sweatshirt, during which time a fellow jogger – sorry, runner – had obviously clocked it was by Alexa Chung for AG. There are many ways to measure the popularity of a label: its likelihood of being nicked is merely one of them. If you, too, missed out the first time round, don't steal someone else's. Alexa's second collection launches on Saturday and is even better than her first one.

BEYOND RETRO

According to my local fancy dress shop, there is only one character women want to be this summer: *Game of Thrones'* dragon mother Daenerys Targaryen. Which will no doubt make this year's Port Eliot Festival an even bigger draw than usual, certainly for *GoT* fans. Actress Gwendoline Christie (aka the mighty Brienne of Tarth), will be in conversation with the show's production and costume designers, revealing secrets about life in Westeros, complete with Dark Age tableaux for those wishing to indulge in a spot of role play. There will also be opportunities to acquire medieval hair and make-up, courtesy of MAC and Bumble and Bumble. 'It's not just recreating costume – there's also a real sense of the mystical, which I think people find attractive in the ever-present world of information and the obvious,' designer Giles Deacon told me (he will be offering nature drawing classes at the event). I know Gucci and Prada are saying the late 1960s/early 1970s are back for autumn, but maybe the 15th century will be next season's sleeper hit. ES

HOT

ERIKA SMALLS

The sister of legendary model Joan bags her first ad campaign, posing for Balmain alongside her sibling, in a sister-themed series that includes the Hadids and the Kardashians

NOT

CHERYL'S INSTA-QUETTE

Leaving much to be desired. #fbfs are all very well, but Mrs Fernandez-Versini posted such an unflattering pic of her fellow X Factor judge Nick Grimshaw, circa 2003, that he surely can't have been thrilled about it.

XPOSUREPHOTOS.COM. ILLUSTRATION BY KATHRYN RATHKE. ALEXA CHUNG FOR AG IS AVAILABLE AT MATCHESFASHION.COM, NET-A-PORTER.COM, SELFRIDGES AND HARRODS

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Q&A

#OBSESSED

Aziz Ansari, 32, actor and comedian

Interview by Samuel Fishwick

Having made his name in the hit TV sitcom *Parks and Recreation*, alongside Chris Pratt and Amy Poehler, and appeared in Jay Z and Kanye West's 'Otis' video, Ansari has just published his first book, *Modern Romance*, with sociologist Eric Klinenberg, on dating in the digital age. He lives in LA and New York, and is working on a new Netflix series.

FASHION

A perfectly fitted suit can make a look. I've got a couple by Band of Outsiders that changed the way I think about tailoring. I like clothes to look a little broken-in. I have a beaten-up black leather jacket I bought in LA, which often pops up in my TV work.

TECH

Smartphones have changed the dating game. The moment those 'typing' dots appear on an iPhone screen after asking a girl out is awesome. Getting no response is the worst. I've sat there for hours telling myself a girl is too busy to text back, only for a picture of her breakfast to appear on Instagram moments later.

DÉCOR

I like a good-smelling candle. Who's against those? It would be a bummer if you were with someone who said, 'Excuse me, I can't stand this lovely smelling candle, it's distracting me.'

FITNESS

Every day I try to do some lifting. Today I lifted some delicious food and put it in my mouth. In LA I get up early in the morning and do calisthenics, but I recommend reading Chris Pratt interviews for workout tips. He does a 'Prison 50': 50 push-ups, 50 crunches, 50 squats. I can do a 'Prison Seven'.

FILMS

Woody Allen has made so many brilliant movies. I'd take his complete works as my desert island DVDs and then *Home Alone* as a little palate cleanser. I've just watched *Mad Men* from start to finish and I'm in love with the world Matthew Weiner created.

REX SHUTTERSTOCK

But I'm not a superfan. I'm not going to sit in a bar pretending to be Don Draper, although I'll go as far as ordering an Old Fashioned. My favourite scene? The lawnmower moment, of course.

FOOD

The food scene in London is fun. Scotch eggs look a little scary, but at some point I do want to try one. You can't beat authentic home-cooked Southern fried chicken. I'm from South Carolina and I can tell you that KFC doesn't even come close.

PEOPLE

My ultimate party crowd would include Richard Pryor, Jimi Hendrix and John Lennon. I haven't seen Kanye West in a long time. I think he's just like any other friend who gets married and has kids – you just don't see them as much.

MUSIC

Michael Jackson's *Thriller* was the soundtrack to my childhood. As a kid, what I listened to was dictated by MTV. If you wanted to listen to the Beatles' *Revolver*, you'd have to borrow it from a friend. Now music is all over the internet.

ROMANCE

Finding love is like buying jars of jam. Barry Schwartz's *The Paradox of Choice* argues that the more choice you have, the harder it is to make a decision. There's too much jam out there: you go on a date and check your phone and all this jam has texted you; you go online and there's all this jam on there, too. There are smartphone apps that tell you there's jam nearby that wants to be eaten right at that moment.

Modern Romance is out now (Allen Lane, £16.99)

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RESTAURANTS

GRACE AND FLAVOUR

*Grace Dent gets the VVIP treatment at the reopened **Ivy** – and loves every minute*

The original but recently revamped Ivy restaurant in West Street, Covent Garden is something of a London institution; so much so that when I dined there the other day a roving camera crew buzzed between the tables. 'What do you think makes The Ivy an institution?' asked a TV type, while another dangled a sound boom in my shepherd's pie. 'Does this type of thing have to happen every time we leave the house?' sighed my bloke, lifting a cameraman's thumb out of his wilted spinach. 'Yes,' I said. 'If you're determined to date the ilk of woman who eats at The Ivy. Anyway, Tracey Emin over there is playing ball, so we can't really refuse.'

This was apt, because in the normal, everyday world I greet many life dilemmas with: 'What would Tracey Emin do?' The answer tends to be something along the lines of: 'She would go on holiday with Joan Collins to Barbados' or 'She would write the name of all these suckers who are smiting her on a tent'. Or in this case: 'She would graciously give an off-the-cuff interview.' So I did, too, after two Lapérouse (St Germain elderflower liqueur, cherry blossom-infused Lillet Rosé, champagne) and a large glass of Chablis, meaning I am now preserved in time with a red nose, slightly slurring, slapping the bar as I say important things I really, really, truly, solemnly believe that I have no recall of now.

Caprice Holdings has spent millions refreshing The Ivy, spluttering with indignation as Chiltern Firehouse robbed it of all its celebs and mimicked its VVIP swagger. For what it's worth, I think Chiltern is an incredible rabbit warren and a beautifully decadent play-palace but the food can be patchy. The original Ivy will always be a slight cut above its Marylebone nemesis, sitting siren-like on its corner, beckoning you inside so it can have a snog (with tongues) with your company credit card. Its stained-glass windows shield lunchtime champagne sippers from life's harsh realities, while endless comfort food – girolle risotto, pork sausages with parsley mash, spaghettini with crab and chilli – is always on offer for its hungover A-list adult-baby clientele. I'm a massive fan.

And I'm relieved to announce that although the rejig has left it vaguely more spacious, it's more of the same old Ivy ambience. Damien Hirst, Maggi Hambling and Tom Hackney artworks may now grace the walls, but Robbie Williams will not be writing a tortuous piano ballad about his inability to order bang bang chicken. The biggest visible change is a lavish central bar replacing the smaller, cramped one. I prefer sitting up at the new bar to a table.

There's something beautifully conspiratorial about dinner for two perched at it, enjoying the best of the bartender's alchemy with one's back to the hubbub of sexy mummies, film directors, Chelsea gents and #richkidsofinstagram. The new central bar also means that the right-hand tables, which regulars called Siberia and were affronted to be placed at, have been phased out.

Its stained-glass windows shield lunchtime champagne sippers from life's harsh realities, while endless comfort food is always on offer for its hungover A-list clientele

Here's the perfect Ivy supper: fresh minted pea soup with hot fresh goat's cheese croquetas. Or the bang bang chicken, which isn't terribly bang, more satay, but is sweetly and slimily satisfying. Then shepherd's pie, which only a savage couldn't enjoy, with a side of parmesan-fried courgettes and tomato relish. The sautéed sweetbreads with roasted grelot onions, bacon and broad beans are remarkable, especially with a lovely bowl of broccoli and beans.

The greatest pudding is the rather humble-sounding apricot tart. It's tempting to be swayed by The Ivy's knickerbocker glory, but the tart is warm, sticky and perfectly hewn. Yes, there are tons of paparazzi outside, but if you eat enough dinners here, no one wants to see you in a miniskirt or hot pants anyway.

THE IVY

1 West Street, WC2
(020 7836 4751; the-ivy.co.uk)

2 Lapérouse	*£29*
1 glass of Chablis	*£10.75*
1 glass of Gavi	*£9.75*
1 glass of Terres de Velle	*£15.50*
1 bang bang chicken	*£8.75*
1 pea soup	*£8*
1 shepherd's pie	*£15.75*
1 sautéed sweetbreads	*£16*
1 broccoli and beans	*£4.75*
1 parmesan-fried courgettes	*£4.75*
1 apricot tart	*£8*
TOTAL	*£131*

PAUL WINCH-FURNESS. DAVID GRIFFEN. ILLUSTRATION BY KATHRYN RATHKE

He made his name on Game of Thrones, now – fresh from a series of triumphant festival gigs and poised to release his debut album – Raleigh Ritchie is taking the music world by storm. He tells Gillian Orr about tough crowds, touring with Kendrick Lamar and why music is his real passion

TOP OF HIS GAME

Portraits by **Jon Gorrigan**
Styled by **Anish Patel**

Ritchie wears leather jacket, £995, Theory (020 7985 1188). T-shirt, £12, Topman (topman.com). Jeans, £155, Sandro (sandro-paris.com)

Snaking down the inside of Raleigh Ritchie's forearm, stretching almost the entire length from elbow to wrist, is a tattoo of a skeleton. The skull is divided in two, resembling a misshapen yin yang. It is, says Ritchie, symbolic: 'I've always thought my head was split down the middle... there's a good side of me and a bad side of me and they are f***ing with each other all the time. So it's my head as I see it.'

It's fair to say that Ritchie, 25, is a man of dualities. When we meet at the Haggerston Espresso Room he bounds up, all confidence and flashy streetwear – a green bomber jacket with patches, a baseball cap hiding his face. But there's sensitivity beneath the swagger. The first thing he does is apologise for being subdued. He'd been to see *Amy* – Asif Kapadia's much-talked-about Amy Winehouse biopic – the previous evening and can't stop thinking about it. 'It was just heartbreaking,' he says.

And then there's his career. Until now, Ritchie, under his real name Jacob Anderson, has been best known for his acting – specifically for playing castrated warrior Grey Worm in *Game of Thrones*. It has made him a household name – he can hardly go anywhere without being stopped and high-fived – and he is good friends with Joe Dempsie, who plays Gendry.

Now Ritchie is set to be known for something else entirely. Following a series of scene-stealing festival appearances – including Wireless in Finsbury Park earlier this month, where he helped open the main stage – he is putting the finishing touches to his debut album. Having already put out three acclaimed EPs, his unique blend of soul, R&B, hip-hop, pop and indie have led to comparisons with everyone from Frank Ocean to The Weeknd.

He's only too aware that such gear shifts can be treated with suspicion and, aside from *GoT*, has temporarily put acting on hold: 'I've become really aware since putting out music that some people can't get past the acting thing. But acting was never what I meant to do.'

It was a teacher at his secondary school, Cotham in Bristol, who first encouraged him

Ritchie wears BB1 polo shirt, £40, Fila (fila.co.uk)

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to get into drama. Growing up, he struggled academically. 'I just didn't engage,' he recalls. 'I'd stay up really late watching films and then sleep all day.' He did, however, excel at acting. 'Somebody told me they had a theory that I did well in drama because I couldn't sleep in class. There wasn't a desk so I couldn't get away with it,' he laughs.

After leaving school Ritchie planned to get into film-making and signed up for a course at college. He only lasted one term before moving to London at 17 to pursue acting. 'I won't be crushed by the weight of this town,' he sings of the capital on his song 'Stronger Than Ever', taken from his second EP, last year's *Black and Blue*. 'I'm fine, I just need time to turn this into home.'

He stayed with a family friend and, despite having no formal training, immediately landed roles in programmes such as *Doctors*, *The Bill* and *Broadchurch*. He never struggled for work. 'I still don't know why,' he says, looking genuinely dumbfounded. 'I don't know why anything's happened.'

His seemingly easy slide into acting rubbed some people up the wrong way: 'A lot of actors hated me back then... a few said to me straight up, "You don't deserve this. You realise I worked for four years at drama school to get where I am and what have you done?" I've always had a bit of a complex about it. I'd be like, "I'm sorry, I'm sorry, I'm sorry,"' he says, holding up his arms in mock defence. 'I just got lucky.'

But Ritchie found himself hankering after his first love: music. He couldn't shake off the feeling that it was what he was supposed to be doing. He'd spent his teens making mixtapes from Trevor Nelson's *Rhythm Nation* on Radio 1. At the recommendation of his father James, he got into The Smiths. His parents split when he was one: his dad preferred punk and roots; his mother Vicki, with whom he lived, introduced him to singers such as Erykah Badu and Jill Scott.

Ritchie started working at a Virgin Megastore when he was 16, giving him the chance to talk music with the customers. At 14 he'd written his first song, a paean to the Norwegian town of Stavanger, which he had visited for a family friend's wedding. 'When I left I had this really strong feeling that we were never going to go back there, so I wrote a love song about it. It's a really weird thing for a 14-year-old to do,' he cringes. 'It was called 'Falling'. It's an original title, isn't it?'

He continued making music after he moved to the capital, despite his busy filming schedule, collaborating with songwriters SumPunk and Paul Herman (writer of Dido's 'Thank You'). 'There came a point, just over three years ago, where I felt like I'd found the kind of music I wanted to make.' Finally happy with his output, he and his manager started sending out demos. Although he initially wanted to work with a small label, he went with Columbia because, he says, they were 'artist driven' and 'seduced' him with their vision. He was signed in September 2012. He'd spent much of that summer auditioning for *Game of Thrones* and learned he got the part a week later. He

Ritchie wears overcoat, £375, YMC (youmustcreate.com). Beckenbauer flock tee, £32, Adidas (adidas.co.uk). Trousers, £440, Paul Smith at matchesfashion.com. Fashion assistant: Isabelle Fowler. Grooming by Crystabel Riley at Stella Creative Artists using Sisley Skincare and Moroccanoil

'A LOT OF ACTORS HATED ME, SAYING, "YOU DON'T DESERVE THIS. I WAS AT DRAMA SCHOOL FOR FOUR YEARS TO GET HERE"'

says he couldn't bring himself to turn down the chance to play Grey Worm.

His first live music performance wasn't until the summer of 2013 – he was booked by a group of 16-year-old girls as part of their end-of-year college module. 'It was the best-run show I've ever done,' he enthuses. 'Everything was on time; it was amazing. It was my first ever gig and I loved it.'

He played just one more pub show before Kendrick Lamar's people called his manager a few weeks later. The American rapper had heard some of Ritchie's tracks and invited him on his UK tour starting the following week. 'I found it really daunting and difficult,' he says now. 'That was when I learned about having to win over an audience. They didn't want to see me. They were like, "Who the f*** are you?" They wanted a hip-hop show.'

He can't tell me what his debut album will be called; he's between titles. He's happy to be busy, but he misses his girlfriend, the *Mr Selfridge* actress Aisling Loftus, with whom he lives in Golders Green and who he describes as 'the coolest person I've ever met'. They've been together since they met on a short film four years ago, but their schedules mean they won't be able to enjoy many five-hour walks around North London (their 'dream day').

Although he has nothing but good things to say about *Game of Thrones*, it's clear his priority now is music: 'There was definitely a point where I got to in acting that I was just doing it for the money... [Now] acting's just fun. If something comes up that's a challenge, that's how I see it. If I get to work with somebody I'd love to work with, that challenges me in some way, then I'd love to do it. But I will never act just for money again.'

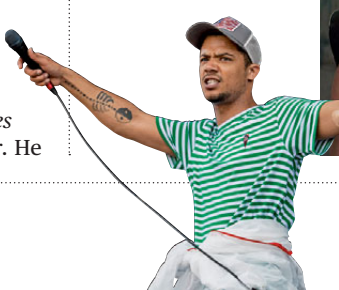
He'd love to work with Wes Anderson (his moniker Raleigh Ritchie is taken from Bill Murray and Luke Wilson's characters in Anderson's *The Royal Tenenbaums*, one of his favourite films). But ask him about his dream collaboration and he returns to music. Kanye West, he believes, is 'the closest thing we have to David Bowie'.

Ritchie arrived at Glastonbury the day before he was due to play in order to catch West headlining. What did he make of the rapper's claim that he is the 'greatest living rock star'? 'He's right. Everybody's so safe and clean now. Even as I talk, I'm aware of not saying certain things because they might be taken out of context. He just doesn't care and that's what rock stars used to be like.'

Does Ritchie wish he could be more gobby? 'Yeah, of course,' he says. 'But I don't want to upset my mum.' **ES**

Ritchie's new single 'Bloodsport' is out on 11 September. He is playing Electric Brixton on 8 October (raleighritchie.com)

Watch the throne
At Wireless in Finsbury Park earlier this month and (right) in Game of Thrones



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Photographs by **Carsten Windhorst**

The engine room
Boys enjoy being firefighters

KIDZANIA MANIA

It's a 75,000sq ft miniature city hidden in Westfield replete with bank, hospital and mock workplaces where your four-year-old can find their career calling, earn money – and learn how to make a smoothie. A unique chance for the little darlings to learn key life skills, or a place where childhood ends too fast? Laura Craik puts her children to work

Hair we go
Girls braid hair in the beauty salon

It's 10am on a Saturday morning in July and, like countless other families this month, mine is queueing at an airport check-in. Only we're not poised to fly off to sunnier climes: we're going nowhere more exotic than Westfield. Yes, the shopping centre in Shepherd's Bush. Like everything else in the realm we're about to step into, the BA check-in, which we entered through an unassuming door between Marks & Spencer and Gap, is fake. It's a £20 million chimera, a portal to a 75,000sq ft miniature city comprised of 60 child-sized replicas of real-life institutions including a fake bank, fake hospital, fake fire station, fake newspaper office, fake police station, fake beauty salon, fake aviation academy and fake theatre. Welcome to KidZania.

KidZania's premise is simple. It bills itself as 'the only place in the world where a kid can think, work, feel and play like an adult'. Don't even dream of comparing it to soft play, a leisure centre or any other 'what the f*** will we do with the kids this Saturday' tropes. KidZania, which is aimed at children aged 4-14, isn't merely about 'play': it's a rapidly expanding 'educational entertainment' brand, a global franchise started in Mexico that currently has 18 further sites in five different continents.

Yes, your child gets to make a smoothie, perform an 'operation', put out a fire, be in a play and pretend to land a plane, but KidZania promises that each activity also offers 'a unique role-play experience where kids learn financial literacy, careers, teamwork, independence and real-life skills'.

It's a noble premise. Let's see if it works. At the BA 'check-in' – BA is one of KidZania's many carefully chosen 'partner brands' – my two daughters are electronically tagged with an impressive, sci-fi-looking bracelet embedded with GPRS, meaning their whereabouts can be tracked at all times. Next they are handed a stack of KidZos, aka fake money that they will use to 'buy' leisure activities, such as making a smoothie. When their KidZos run low, they can 'earn' more by completing a learning activity, such as filling a tooth as a 'dentist'. The elder child, who is nine, grasps the premise quickly. The younger one, aged five, starts making the KidZos into paper aeroplanes. 'I want to make chocolate,' she announces and drags us all inside.

IT REALLY IS A MINI-CITY, WITH COBBLED STREETS, MANICURED SQUARES AND DISCONCERTING ATTENTION TO DETAIL

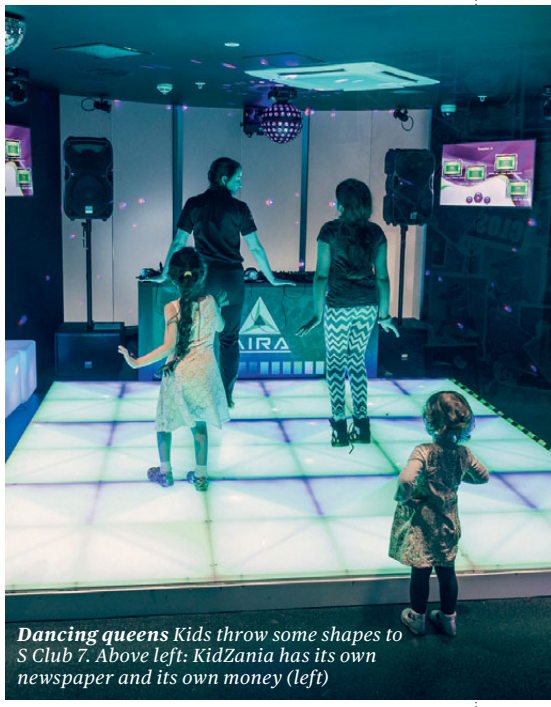
The place is overwhelming. It looks massive to me – Lord knows how massive it looks to a child. It really is a mini-city, with cobbled streets, manicured market squares and disconcerting attention to detail. We hasten to the Cadbury chocolate-making activity. Like all the activities, it takes place in a glass cubicle, the doors of which are locked from inside to stop queueing children (and tiger parents) from butting in. There is already a queue. Of course there is. What child wouldn't want to make chocolate? Instead, we go to another food-related experience (you can see a theme emerging here), this time affording the opportunity to make an Eat Natural health bar. Groups of kids go in, eight at a time. They are given aprons and chef's hats, and set about making their bars. I would tell you more, but I'm locked outside, where I remain for 20 minutes until my daughters emerge triumphant, each with a health bar with their name on it.

Next, they want to go to the hospital, where they have spied a row of plastic 'babies' in glass incubators. Again, I wait for 20 minutes outside as they are taught how to swaddle, bathe and care for a newborn. They exit delirious with joy. 'Beauty salon next, Mama,' says the five-year-old. The queue is fierce. Older girls push in front of younger girls. My own two get bored and wander off.

On the beat *KidZania's would-be police force*

This is one of the problems with KidZania: the queues. However adroitly managed the activities, the queues for them are left unchecked, so that the usual laws of the jungle prevail, and the pushiest children are the victors. While every activity is brilliantly interactive for the kids, it is a long void of boredom for the parents. It's a bit like queueing for the toilet without the blessed release of ever doing a wee. Although this is unfair: if your children are aged seven or over, you can dump them and spend their entire four-hour slot buying culottes in COS, eating noodles in Pho or getting quietly pissed at one of Westfield's many bars. When you think of it this way, it's kind of brilliant: £28 for four hours' worth

Work it, baby *Children can have a go at everything from working in a supermarket to being a fireman – with chocolate alarms, of course*



Dancing queens *Kids throw some shapes to S Club 7. Above left: KidZania has its own newspaper and its own money (left)*

of top-quality childcare. Never mind the educational enlightenment – this is how they should market KidZania to time-pressed mums who haven't gone shopping on a Saturday since the 1990s.

Besides, it strikes me that it would be better for all concerned if the adults really did go shopping and left the kids to get on with it, which is, after all, the point of the whole experience. Some of the mums who do stay seem stressed out of their heads, possessed of that manic air that suggests a meltdown isn't far away. 'Smile – it's supposed to be fun,' one snaps at her daughter, who is queueing to make ice cream.

'I'm hungry,' the daughter replies, while her two friends nod in silent agreement.

The staff are rictus-grin friendly. 'Who wouldn't want to do a job where you can dance all day?' beams Laura, when asked what attracted her to working here. To be fair, breaking out into song and dance at random intervals would be many people's idea of hell – particularly when the song is by S Club 7 – but it's clear the KidZania employees are all carefully vetted for kindness, personality and the energy of a toddler on tartrazine.

Make mine fruit and nut *Children making an Eat Natural health bar*

Its owners are child-centred, too. 'We've always been attracted to businesses where we are also a natural customer,' says Ollie Vigors, who with his business partner Joel Cadbury (yes, the heir to the chocolate fortune) operates Longshot, a leisure company whose previous ventures include running Soho's Groucho Club, the Third Space gym and pubs including the Admiral Codrington in Chelsea. The company is KidZania London's founding investor. 'As we both have young children, this offered the opportunity to be part of a company that has a genuine influence in the lives of children around the world.'

WHILE EVERY ACTIVITY IS BRILLIANTLY INTERACTIVE FOR THE KIDS, IT IS A LONG VOID OF BOREDOM FOR THE PARENTS

Cynics might suggest that this 'influence' isn't quite as benign as it could be, with some critics claiming that the whole thing is a ploy to spark consumer loyalty in the minds of the impressionably young. Joel Cadbury is the reason that the chocolate-making activity is branded in the family name, but where some KidZanias in other countries have linked up with McDonald's and Coca-Cola, Longshot claims to have vetted its partners more sensitively. Mothercare, Early Learning Centre, Gourmet Burger Kitchen, Innocent and Bose will certainly play out well with the yummy West London mummies with which the place was teeming on my visit. 'We have sought to work with great companies that want to engage with the next generation. Children can only aspire to what they know exists, and the companies we've worked with have helped us deliver relevant, realistic role-play activities that entertain and educate in equal measure,' says Vigors.

KidZania is also an abject lesson that gender stereotypes will often prevail, however hard you may try to eradicate them. My elder daughter loved trying to land a plane with the simulator, but had no interest at all in firefighting, policing or car racing. At the end of her four hours, my younger daughter's activities comprised bathing babies, plaiting hair, dressing up for a fashion show and making food. A nine-year-old boy we know spent his four-hour slot learning about racing cars, firefighting, aviation and being a policeman. The firefighting seemed to be a particular draw for boys, not least because they got to put out a fake fire (with real hoses and real water) in the market square.

The last thing visitors do is visit the bank, to convert leftover KidZos into a debit card for future use – a deft incentive for a return visit. Without thinking, I automatically start queueing with my children, until I am politely asked to wait outside. 'They don't... they won't know how to open a bank account,' I say lamely. 'The cashiers will help them,' comes the firm reply.

Outside, I ask for their verdict. The younger one is exhausted: five probably isn't the optimum age for KidZania, although she had a brilliant time.

'I know what it's like to be a grown-up now,' says my nine-year-old, with studied ennui.

'Oh?' I say.

'You have to queue a lot,' she says. **ES**

KICK IT

From left: Laura Bassett wears top, £465, Cushnie Et Ochs at net-a-porter.com. Skirt, £275, Helmut Lang at harveynichols.com. On cover: trainers, £65, Adidas at schuh.co.uk. Ellen White wears dress, £2,515, Rosetta Getty at net-a-porter.com. On cover: bra top, £85, Helmut Lang at harveynichols.com. Trainers, £100, Nike (nikestore.com). Katie Chapman wears vest, £85, Theory at selfridges.com. Skirt, £110, Needle & Thread at net-a-porter.com. On cover: trainers, £425, Jimmy Choo (jimmychoo.com). Eniola Aluko wears dress, £758, Diane von Furstenberg at matchesfashion.com. On cover: trainers, £100, Nike (nikestore.com). Shot on location at the Richmond Athletic Association (available for hire: 020 8940 0397; the-raa.co.uk)

LIKE A GIRL

Their success at the Women's World Cup electrified the nation and showed us just how far women's football has come. But there's still a long way when it comes to equal pay, investment and prominence. Ahead of the first ever Women's FA Cup at Wembley, Rosamund Urwin talks to Eniola and co about sexism, second jobs – and that own goal

Photographs by **Jonathan Glynn-Smith** *Styled by* **Sophie Paxton**

Eniola Aluko was recognised by a builder recently. 'He was on scaffolding and got really excited,' she recalls. 'He shouted down, "Well done!" and I said, "Don't fall!" because he was hanging off the scaffolding to see me.'

The 28-year-old striker is one of the best-known faces from the Women's World Cup. Not all the attention she's received since returning with a bronze medal has been so welcome, though. 'A guy spotted me on the Tube the other day. Instead of saying, "Hi", he tried to take a picture. He was sliding down' – she demonstrates slipping down her chair – 'and I could hear the clicking. It was creepy.'

She and her England team-mates Laura Bassett, Ellen White and Katie Chapman may need to get used to fame. Having finished third in the tournament in Canada earlier this month – and enticed a record 2.4m viewers to stay up late and watch them play Japan in the semi-final on BBC One – next up is the FA Cup Final on 1 August. It's the first time it has been played at Wembley; Aluko and Chapman's Chelsea Ladies will take on Bassett and White's Notts County.

There's no rivalry today, though: Bassett, a defender and the funny woman of the four, warmly greets 'Chappie' and jokingly tells 'Eni' off for turning up in her kit: 'You could have showered!'

Since the World Cup, attendances have risen at women's games. But how do we get more girls into football? 'As players, we have to make our spectacle the best it can be,' says Bassett. 'We're role models now. For me growing up, there weren't many role models.' 'We need to be more vocal with parents that girls' teams are available,' White chips in. 'Social media is massive for us but I've also done work in primary schools. My niece said, "Wow" seeing my medal – something physical inspires them.'

Aluko believes it would help if the FA allowed women to play at Wembley regularly. Last year's FA Cup Final was in Milton Keynes; the previous year it was in Doncaster: 'The England team can fill Wembley for enough games to justify us playing there, so we should be playing there every game... That allows more fans to see it.'

All four come from sporty families. 'My earliest memory was kicking a football,' says Aluko. The eldest of five, she was born in Nigeria but came to England as a baby. Her father Gbenga was a politician but 'could have gone all the way [in football] – at the time, that career path wasn't as secure'. At primary school, she played occasionally with her brother Sone, who now plays for Hull City. She was then swiftly scouted, joining Leafield Athletic Ladies as a junior.

Bassett was eight when she started – practising with her father and brother, and 'in the playground with the lads'. At her middle school, there was no girls' football team, so the school created one. 'Some of my friends say: "We only joined for you, Laura. You used to shout at us, and tell us what to do."'

White, a 26-year-old forward whose father ran a soccer centre, had to play for a boys' team as there was no girls' one. She stopped at nine as the FA banned mixed football past that age (this has now risen to 16). By then, she'd been scouted for Arsenal Ladies. At school, though, she was stuck with netball: 'I didn't really understand it and was high-fiving everyone after every point. It's quite a quick game,

ELLEN WHITE

Footballing heroes
Gary Lineker and Mia Hamm – she was iconic in the women's game

Pre-match ritual
Taping my wedding finger

Post-match treat
Apple crumble with my family

Off-pitch workout
Badminton, squash or tennis

Best piece of advice
Always enjoy what you're doing and do it with a smile on your face

Top, £32, Topshop (topshop.com). Maxi skirt, POA, Avelon, (avelon.me). Trainers, £70, Nike at schuh.co.uk

FASHION ASSISTANTS: SIAN O'DONNELL AND SOPHIA BEXON. HAIR AND MAKE-UP BY AMY CONLEY USING MAC AND KÉRASTASE. ASSISTED BY FIONA BARRY

ENIOLA ALUKO

Footballing hero
Messi. He's almost an art form
Pre-match ritual
A bit of a dance to Beyoncé to loosen up
Post-match treat
A good meal. I love Nando's and I recently went to Hakkasan – that was gorgeous
Off-pitch workout
Tennis
Best piece of advice
Never feel like you've made it; always feel you have something to achieve

Dress, £248, Three Floor (threefloor fashion.com). Trainers, Eniola's own

so that was slowing everything down.'

Chapman was a late starter at 11. A midfielder who's been likened to Steven Gerrard on the pitch, she played in primary school with boys but was rapidly head-hunted by a Millwall Lionesses coach. One of six children, she has a non-identical twin who also played at Millwall. 'Then we went our separate ways. I was starting to get into the first team and play for England – she was getting a bit left behind.'

Without the money of the men's game, female players tend to have careers to fall back on. Aluko has a first-class law degree from Brunel University: 'I thought football was a hobby – I didn't think it could be my profession.' She worked for the entertainment firm Lee & Thompson; clients included One Direction and David Beckham's commercial arm. Aluko specialised in sports and entertainment law 'so what I was doing was mutually beneficial – the firm benefited from having an athlete on their books, and I benefited from the understanding'.

Now qualified, she has taken a break from law. Will she return? 'Potentially, yeah. It's one of those professions that gives you enough training and credibility to go into other areas – media, politics. I wouldn't want to pigeonhole myself.' Last year, she also became the first woman to appear as a *Match of the Day* pundit.

Aluko says there's never been any competition between her and her brother: 'We're taking different paths. I think he's a great adviser; he understands what it takes mentally to play at the highest level. What he's doing helps me with what I'm doing and vice versa.'

In fact, he drew on his sister's legal knowledge when trying to escape Glasgow Rangers after the team went bust. 'I pulled out all my dusty books and we read up. It helped his position, because he didn't want to play in Scotland's third division. That's what I'm passionate about. All the studies, all the time in the library, when you're actually helping people – that's when it comes to life.'

'IT'S LONELY AT THE TOP. PEOPLE WILL TAKE SHOTS AT THE MOST PERFECT WOMAN IN THE WORLD' ENIOLA ALUKO

White is now also fully professional, while Bassett works one day a week for a transport logistics firm. Chapman is the mother of three sons, aged 12, seven and two, who play football and come to her games: 'They're my full-time job, as well as part-time footballer. Having my children actually helped me – those breaks during pregnancy gave me back the hunger to play.' She trained until two weeks before the births: 'I was lucky. I had really good pregnancies – no complications. I don't think having tighter stomach muscles helped with the labour, though.'

Chapman describes her husband, who works for UK Power Networks, as 'very understanding'. During the World Cup, he looked after their sons every evening: 'He's very hands-on and supportive of what I do.' Bassett and White also stress the need for generous partners. White married a rugby coach last November and Bassett lives with her boyfriend, a football coach. 'You need understanding people around you,' says Bassett. 'But I'll take the easy option: having

KATIE CHAPMAN

Footballing hero
Steven Gerrard – a great all-round player and leader
Pre-match ritual
None
Post-match treat
A cuddle with my kids
Off-pitch workout
Circuits
Best piece of advice
Work hard and follow your dreams

Vest, £85, Theory at selfridges.com. Skirt, £595, Issa at net-a-porter.com

kids when I finish playing.' As the only mother of the four, I ask Chapman about the furore over a tweet by the FA after the World Cup, which said: 'Our Lionesses go back to being mothers, partners and daughters.' She wrinkles her nose: 'It didn't bother me. I am a mum and I was going home to my children – it was just the natural thing.'

Sexism is a perpetual theme in conversations about women's sport – an example being the misogyny involved in recent remarks about Serena Williams' physique, with some saying she 'looked like a man'. 'Anyone who's at the top will be disliked,' says Aluko. 'It's not a British thing, I think it's life. If you're very successful, you will have people who don't like you. It's lonely at the top. But there are people who respect what you do. People will take shots at the most perfect woman in the world.'

Aluko remembers 'patronising comments' about female footballers when she was younger, but says 'the majority of that is gone'. Both White and Bassett say that they never experienced sexism. 'I let the football do the talking and the boys stuck up for me,' says White. 'But I know a lot of the girls suffered from people saying they shouldn't play.'

She believes the film *Bend It Like Beckham* helped: 'I was definitely inspired by it. Lots of boys in my school enjoyed watching it, too, and thought: "Oh, girls aren't too bad at football!"' Bassett adds: 'They'd want me on their team.' The men she used to play with still message her now, encouraging her. 'I think maybe male perceptions change when they have daughters – you want the best opportunities for them.'

Anyone who's ever questioned whether women are tough enough for football should talk to White and Bassett. White had to take a year out in 2014 after damaging her knee: 'In a game, I planted my foot and I heard my knee crunch. I've done it on both knees.' She recovered with a lot of physio: 'I had to teach myself to walk again. They removed part of the hamstring and put it in my knee. When you walk, you flick your leg up – I couldn't do that.' In the first World Cup match, Bassett sustained a black eye due to the elbow of France's Camille Abily. She kept playing. 'I was on the floor. It hurt but I realised I was OK and could get back up,' she recalls. She didn't see a mirror until later. 'It was still growing. Day by day it kept changing colour.'

'HAVING MY CHILDREN ACTUALLY HELPED ME: THOSE BREAKS GAVE ME BACK THE HUNGER TO PLAY' KATIE CHAPMAN

It was a different incident that the 23-year-old became famous for, though. In the semi-final against Japan, she scored an own goal. She was inconsolable on the pitch, but her team-mates rallied around her: 'I can't thank them enough; they felt my pain. They were very upset – our dreams had just been shattered. What made it worse was that it happened towards the end of the game: we couldn't fight back.' Bassett bounced back impressively, though. 'It was having the belief. Mark [Sampson, the manager] expressed that he wanted me back on the pitch, that he believed in me. Sometimes when you're at that low, you

PARACHUTE HIRED FROM THEME TRADERS (THEMETRADERS.COM)

need that lift to get you back out there.'

She feels that going straight into the third and fourth place play-off helped: 'Everyone regrouped and wanted to prove that we had more fight in us, we still had another piece of history to claim for ourselves.'

There are no big egos among the four – a change from the men's game. Another difference, of course, is salaries. Aluko argues there's a simple way to get money into the women's game: 'BT Sport is the main broadcaster for women's football. None of that money is necessarily distributed to the clubs, which makes the gap between the lesser clubs and the better clubs with more money a lot bigger. There are men's teams that wouldn't be able to exist without TV money. Women's teams should have that support network. We're the product on the pitch.' Another difference is a lack of 'diving' in the women's game. 'There's a lot more integrity and honesty to the game,' argues Aluko. 'The repercussions of you diving would be bad, because the whole of women's football would probably have a go at you for it. In the men's game, it's becoming part of the game.'

White agrees: 'I think we just get on with it. We want to get up, keep playing. We don't want anything to ruin our game; we don't want controversy. We want our football to do the talking.' Chapman also notes that women's games are more family-friendly. 'There's less swearing and [offensive] chanting – parents don't want their children to listen to that.' Players are usually more approachable and go up to fans after games.

It hasn't been a good year for men's football in general, with all the allegations about corruption at FIFA. 'Obviously it's disappointing,' says White. 'But we just want whoever is in charge of FIFA to have women's football at the forefront – and be supportive of that, that's our priority.'

All four are predictably annoyed about not being able to play for Team GB at the Rio Olympics next year, following wrangling between the football associations. 'It's disappointing that political agendas get in the way of giving people the opportunity to play in the Olympics,' says Aluko. 'It's something that can be solved, but there's clearly a lot of stubborn politics involved.'

White adds: 'The amount of exposure we got from being at the [London] Olympics was incredible: 70,000 people came to watch us against Brazil. I think that was a real turning point in women's football.'

Since their return, the women have been hailed as heroes – meeting Prince William at Kensington Palace, David Cameron at No 10 and then watching Serena Williams on centre court. What's been the best part? 'Apart from this?' White jokes. 'It was great to meet Prince William again – he's been so supportive of us as a team. He's taken time out to come and see us twice now and he called us while we were away. Centre court at Wimbledon was incredible – we don't normally get to do that sort of thing.'

They all consider themselves ambassadors for women's football. 'For me, that's the best thing really: to be an ambassador for the sport,' says Aluko. 'Now we've got to try to push it on and make sure that in five, ten years' time a girl who's coming up playing football, who's very good at it, can look at it as a career path. It could be a lot easier for young girls – and we're responsible for this. We're the trailblazers for the game.' **ES**

LAURA BASSETT

Footballing heroes
The whole Aston Villa team
Pre-match ritual
I used to do the right boot first routine, but I don't any more
Post-match treat
Peanut butter M&Ms
Off-pitch workout
The gym
Best piece of advice
You get what you work for

Dress, £192, Three Floor (threefloor fashion.com). Shoes, £70, Adidas (adidas.co.uk)

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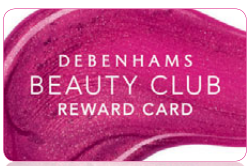

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PIN-UP

Get your legs set for summer

Edited by **Casey Gillespie**

BLISS
Fatgirlslim Hide & Glow Sleek Tinted Body Spray
Amino acids firm, while light diffusers and caffeine de-puff, evening out skin tone for glowing, miniskirt-ready pins.
£30, at johnlewis.com

DR SEBAGH
Supreme Body Restructuring & Firming Cream
Rich in high-powered oils, shea butter and hyaluronic acid, this cream offers intense hydration post-shower.
£130 (drsebagh.com)

MURAD
Body Firming Cream
A favourite of California girls, this delicious combination of brightening vitamin C, toning soy and moisture-rich shea is a summer must-have.
£39, at houseoffraser.co.uk

CHARLOTTE TILBURY
Supermodel Body Highlighter
A light-catching mix of crushed silver, gold and pearl creates the illusion of longer, leaner legs.
£45, at selfridges.com

LEGOLOGY
Exfo-Lite Detoxifying Leg Scrub
Pink Himalayan salt crystals help to detoxify and stimulate lymph drainage, while the Amalfi lemon peel scent is gorgeous.
£42 for five sachets, at liberty.co.uk

IOMA
Soothing Gel For Legs
This gel improves circulation, the first step in the fight against cellulite. It also conceals imperfections and invigorates tired legs.
£55, at harrods.com

RAHUA
Amazon Oil
Cultivated in the rainforest, this vegan and toxin-free oil combines omega-rich oils and quinoa for a nourishing glow that allows skin to breathe even on the stickiest of days.
£47 (rahua.com)

YOU BEAUTY!

ANNABEL RIVKIN'S CABINET OF WONDERS

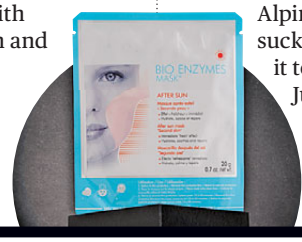
It is daft to get sunburned. But we all find ourselves pink and smarting now and again. Drinking in the garden. Walking in the park. Gingerly lowering ourselves into a hot bath on the first evening of a holiday after a day of being a bit too sun-hungry. A bit too keen to throw off the pallor. A bit too cavalier about reapplication. By mistake on purpose.

But a red, tight face is, these days, a display of irresponsibility. And idiocy. We should know better. We do know better. There's only one bite at the cherry with skin. We regret. We repent. But we also want to get out there again to keep working on that light, 'healthy' tan, right?

So pack a Talika Bio Enzymes After Sun Mask. It comes in single sachets, so doesn't take up much of the increasingly meagre baggage allowance. It's one of those satisfying Hannibal Lecter masks: a liquid-infused fabric with holes for eyes and mouth and a gruesome sort of nasal flap. Terrifying to behold; cooling and heavenly to apply.

It sucks out the burn and turns it to tan

It is pumped full of bio cellulose, an ingredient commonly used post-surgery to encourage skin regeneration and healing; hyaluronic acid to rehydrate powerfully and Alpine herbs to soothe. It sucks out the burn and turns it to tan. In time for dinner. Just don't make a habit of frazzling. Daft, you see.



Talika Bio Enzymes After Sun Mask, £9, at uk.spacenk.com

CAMERA PRESS/FIGARO PHOTO/THIEMO SANDER. TOBI JENKINS. ILLUSTRATION BY KATHRYN RATHKE

Irina Kolesnikova

LONDON SEASON

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WITH:

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BOLSHOI BALLET

VADIM MUNTAGIROV
ROYAL BALLET

KIMIN KIM
MARIINSKY THEATRE

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5 NEW PERFS NOW ON SALE

TRENDS

BOHO'S BACK

The peasant dress goes luxe

Photograph by **David Abrahams** *Styled by* **Jenny Kennedy**

Style guru

ORSOLYA SZABO

Q

Beach cover-ups – are kaftans naff?

A

OK, so they sometimes have weird necklines and come in unflattering shades you wouldn't dream of wearing any other time (hello, swimming-pool blue and neon orange), but no, they're not naff. I try to go for ones that I would happily wear in my everyday life. Look for a flattering shape, a cool colour and no jewelling on the neckline – I draw the line there. I totally adore this Hacienda Montaecristo one, which looks genius in any summer/beach/pool scenario. It's cool, comfortable and chic. *Hacienda Montaecristo Rocio fringed kaftan, £405, at stylebop.com*

Orsolya loves

HAPPY PLUGS X COLETTE

My white iPhone earbuds are nice, they work – and about four billion other people have the same ones. Now Happy Plugs has come along with a blue dotted Colette collaboration. They look great and mean I can hear Drake a lot more clearly. Even better, at £29, they won't break the bank. Nice doesn't cut it any more. *(colette.fr)*

HAIR BY JOHNNIE BILES AT STELLA CREATIVE ARTISTS USING MOROCCANOIL. MAKE-UP BY LOUISE DARTFORD AT STELLA CREATIVE ARTISTS USING ILLAMASQUA. MODEL: KATE C AT M+P MODELS. ILLUSTRATION BY KATHRYN RATHKE

A MEAL IN MINUTES

Healthy, tasty, simple and quick: the new generation of easy cook grains adds flavour and texture in 90 seconds

It can take time to get your meal combinations right, especially when you're after something a bit more exciting than a bowl of plain rice to go with the star of the show. But it doesn't have to be as time-consuming or complicated as you may think with Uncle Ben's new range of Rice & Grains microwavable pouches.

Originally found growing in the Andes more than 7,000 years ago, protein-rich quinoa has surged back into popularity. Gram for gram, it's one of the most nutritious foodstuffs discovered, so it's no wonder this 'vegetable caviar' has entered the superfood category.

Adding a handful of quinoa to brown rice is an easy, nutritious way to add texture and flavour to protein and vegetables – but who has 45 minutes to prepare these grains? Take the fast, simple option and let Uncle Ben's do the hard work for you.

GRILLED CHICKEN WITH VEGETABLES, RED QUINOA AND BROWN RICE

SERVES 2

INGREDIENTS

1 pouch Wholegrain & Quinoa
2 chicken breasts
1 courgette sliced
100g mange tout
1 small red chilli, finely sliced

STEP 1 Heat a grill to medium high. Brush the chicken breasts with olive oil before placing on grill to cook for about 20 minutes, turning after 10. (Ensure chicken is thoroughly cooked.)

STEP2 Meanwhile, steam the courgette slices and the mange tout for a few minutes.

STEP3 Squeeze Wholegrain & Quinoa pouch to separate rice, tear 3cms to vent, then microwave on full power for 90 seconds (or stir in a pan for 2 minutes).
Arrange rice on plate, place grilled chicken on top and courgette and mange tout to the side. Garnish with red chilli slices.

For more recipes ,visit: unclebens.co.uk

Try Wholegrain Rice with Quinoa with stir-fried onion, courgette and carrot, served with baked salmon, a handful of green peas and a squeeze of honey.

Begin with Ben

TRENDS

GREEN PARTY

Freshen up your look with a baker boy jacket

Photograph by **David Abrahams** *Styled by* **Anish Patel**

UNIVERSAL WORKS *neckerchief (right), £23.* **THIERRY LASRY** *sunglasses (below), £310*

ARAMIS BLACK *fragrance (above), £110 for 50ml, at boots.com.* **JIGSAW** *grandad shirt (left), £69*

UNIVERSAL WORKS X COMMONO REPRODUCTS *jacket (right), £350.* **MIANSAI** *rucksack (below), £420*

THEORY *shorts (left), £105, at mrporter.com.* **SHINOLA** *The Runwell 41mm watch (below), £475*

ALDO *sandals (right), £80.* **COS** *sneakers (below), £59*

STOCKISTS *aldoshoes.com; cosstores.com; jigsaw-online.com; miansai.com; shinola.co.uk; thierrylasry.com; universalworks.co.uk*

HAIR BY JOHNNIE BILES AT STELLA CREATIVE ARTISTS USING KIEHL'S SINCE 1851. SKINCARE BY LOUISE DARTFORD AT STELLA CREATIVE ARTISTS USING S5 ORGANIC COSMECEUTICALS. MODEL: LUKE POWELL AT MODELS 1. ILLUSTRATION BY KATHRYN RATHKE

Life coach

DAN ROOKWOOD

Q

I am a terrible packer. Any useful tips?

A

Save time and hassle by creating a drawer that keeps all your travel-related paraphernalia, including a master packing list, in one place. Eliminate the possibility of taking things you won't wear by planning outfits in advance. Choose versatile items that will work in a number of ensembles in a palette of coordinating colours (blues, greys and white, for example). And buy robust luggage: I recommend Tumi (1975 collection, above) or Samsonite for frequent flyers; Rimowa or Globe-Trotter is great for jet-setters. There you go, a tightly packed paragraph full of useful tips – no excess.
Dan is an editor at mrporter.com

Dan loves

CZECH & SPEAKE MANICURE SET

Before you expose your trainer-savaged feet this summer, invest in a decent pair of nail trimmers. This travel-safe set (£198) recently won a *Wallpaper** magazine design award and puts the man in manicure. *(czechandspeakefragrance.com)*

Reimagine your
LATTE

Discover Starbucks chilled cup, a refreshing blend of rich espresso and smooth creamy milk.

Find it in the chiller in your supermarket

www.starbucks.co.uk/discoveries

FOOD

LUCKY DIP

Rachel Khoo creates the perfect companion for crudités

Edited by **Dipal Acharya**

Living in France for many years has helped me appreciate garlic as a third seasoning in my cooking, so I was excited to be asked to demonstrate at next month's Isle of Wight Garlic Festival celebrating the booming British garlic industry. I can't think of a better way to showcase these pungent cloves than paired with anchovies in this brilliant Provençal dish – perfect as a dip for raw veg.

SUMMER ANCHOVY DIP WITH CRUNCHY CRUDITÉS

50g anchovies (about 15)
2 plump garlic cloves, peeled
1 tbsp capers, drained or rinsed if salted
1 shallot, peeled and roughly chopped
Juice of ½ lemon, to taste
80ml good-quality olive oil
1 tbsp apple cider vinegar
A few twists of black pepper

For the crudités
10 asparagus stalks
2 medium carrots, peeled
½ cucumber
1 red pepper
10 radishes

Place the anchovies, garlic cloves, capers, shallot and lemon juice in a blender (I used a NutriBullet for a very smooth consistency). Add the olive oil and vinegar a little at a time. Adjust according to your taste: if you want more acidity, add more lemon juice or vinegar; if you want to make it more mellow, add a little water.

Prepare the crudités. Snap off the stems of the asparagus and blanch for 1 minute in boiling water then plunge into a bowl of iced water. Cut the carrots and cucumber into batons. Halve the red pepper, discarding the seeds, and cut into strips. Halve the radishes.

Place the anchovy dip in a ramekin or serving bowl. Add a few twists of black pepper and serve with the crudités arranged around the sides.

MY LIFE IN FOOD

JUSTIN BIEBER

'Singers aren't supposed to have dairy before a show, but we all know I'm a rule breaker'

THE TOP THREE

GREEN TEA

Rebecca Seal's quest for the best

Best for healthy treats

TOMBO

29 Thurloe Place, SW7
(020 7589 0018; tombocafe.com)

Matcha is a particular kind of green tea made from powdered leaves – as well as a more powerful flavour, you get more antioxidants. At Tombo, a pretty little Japanese café, you can try matcha as a tea, latte or frappe – or in a pud: matcha macaroons, tiramisu, sundaes and brownies are almost guilt-free (from £1.70).

Best for sweet tooths

SHACKFUYU

14A Old Compton Street, W1
(020 7734 7492; bonedaddies.com/shackfuyu)

With its Mr Whippy-like squiggle of soft-serve, vividly coloured green tea ice cream, the kinako French toast (£6) served at Japanese-style restaurant Shackfuyu is one of London's most Instagrammed dishes. It's as good to eat as it is to photograph: sticky, sweet, squidgy, rich and rather huge.

Best for vegans

MS CUPCAKE

408 Coldharbour Lane, SW9
(020 3086 8933; mscupcake.co.uk)

In a blind tasting, you'd be hard pressed to tell that Ms Cupcake's creations are vegan – not only do the cakes have a spot-on, buttery texture, but they also come with great towers of icing swirls, plus sprinkles. Green tea is just one of dozens of flavours on offer (from £2.60).

RECIPE ILLUSTRATION BY HEATHER GATLEY. OTHER ILLUSTRATIONS BY KATHRYN RATHKE. TOP THREE PHOTOGRAPHS BY STEVEN JOYCE. BROADIMAGE/REX SHUTTERSTOCK

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LES PETITS

TRAVEL

COMEBACK CITY

Grace Dent joins the hipsters in Detroit

Edited by **Dipal Acharya**

Until recently Detroit, Michigan was absolutely no one's must-go holiday spot. It is a city that malfunctioned: a previously splendid, ex-bustling metropolis built on the largesse of a roaring automobile industry; one that gave birth to Motown Records, before shedding three-quarters of its residents and filing for bankruptcy.

But Detroit, I'm pleased to say, is making an impudent comeback. Virgin Atlantic now flies daily between Heathrow and Detroit, and the eight-hour flight makes it just possible to grab a long weekend nosing around this recovering city's green shoots.

Today's Detroit is a destination for the bold, curious traveller. It's an experiment in what occurs when a city gets hopeful and rebuilds from scratch. Now that musicians, artists, entrepreneurs and cash-strapped, sharp-elbowed sorts from all over the US have snapped up Detroit's derelict buildings, the city is being reinvigorated with new studio space, startup headquarters, hostels and urban farms. Presently, the locals are slightly in love with the hip, bearded newbies who are breathing life into its old streets, though I couldn't help but wonder if the indigenous residents of Dalston, E8 might warn them of busier times to come.

We booked into the gleaming, hip, but very affordable new Aloft hotel, situated in the dusty, dystopian downtown area. Be warned: despite the regrowth in many places, Detroit still resembles a post-apocalyptic film set. It took me almost 24 hours to acclimatise and stop mumbling, 'But where is everyone?' The Aloft is a few steps from Comerica Park where the Detroit Tigers play Major League Baseball. I won't pretend to understand baseball, but I do know that with the city tucked safely away watching the Tigers vs the Toronto Blue Jays, we waltzed straight into the wonderful, usually frantic, no-reservation BBQ hotspot Slows, in the upcoming Corktown district, which serves some of the best brisket and mac 'n' cheese known to mankind.

If the line at Slows is too hectic, check out Mercury Bar just over the road for the fried bologna sandwich. Or take a short taxi ride to the craft brewery HopCat where 130 different beers and the crack fries keep locals queuing out the door.

More than 150 new restaurants have opened in Detroit since 2012 and the foodie trail is a gorgeously diverse and calorific one. Don't miss Saturday's fantastic Eastern Market, which is a foodie and horticulturalist's heaven. Imagine Borough Market meets Columbia Road but multiplied by many acres and festooned with busking Klezmer bands, dancing grans and endless poutine. We also frittered away a joyous afternoon on West Canfield, browsing the elegant leather goods at Shinola, before settling in at the Jolly Pumpkin Brewery with its dazzling array of North Peak draughts, pork pie pizzas, truffle fries and zucchini parmesan. Time simply seems to move slower in Detroit than in frantic New York or in-your-face LA and the restaurants were filled with chatty families and folk who were genuinely elated that we'd come so far to check out their menus.

More than 150 new restaurants have opened since 2012 and the foodie trail is a gorgeously diverse and calorific one

Right *Downtown Detroit*
Below *A corner room at Aloft Detroit*
Bottom *Pizza at the Jolly Pumpkin Brewery*

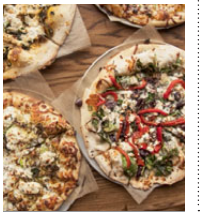
For more waistline-friendly pastimes, we headed to the city centre Campus Martius Park, which screens free movies. On a return trip, I'm dying to join in with the curiously cult-like Detroit pastime of Slow Roll, in which thousands of amateur cyclists take a trip round the neighbourhoods with the aim of 'spreading positivity'.

At Sugar Hill in Midtown there is a flurry of small independent galleries and art shops, but it's definitely worth a jaunt to MOCAD (Museum of Contemporary Art Detroit). Or for a truly surreal experience, head out to The Heidelberg Project to see Tyree Guyton's vast outdoor art installation made of recycled goods – shoes, toys, cars, etc – which provokes as many local residents as it delights.

But to understand Detroit's future we needed to get a taste of the past, so we headed to the Motown Museum, the original home of Motown Records, which is little bigger than a house. In the world-famous Studio A the enthusiastic tour guide wouldn't let us leave until we sang along with her in the same room in which Diana Ross, Stevie Wonder and Smokey Robinson recorded. Being British, we found it at first excruciating, until the whole room was filled with tuneless, giggling tourists crooning 'My Girl'. Detroit has a notable history, but the future looks even brighter. **ES**

CHECK IN

Virgin Atlantic (0344 209 7777; virgin-atlantic.com) flies to Detroit from Heathrow, along with its partner airline Delta (0871 221 1222; delta.com). Return fares start at £737. Rooms at Aloft Detroit from £160 (aloftdetroit.com)



XINHUA NEWS AGENCY/EYEVINE

Home is...
An attic flat in South London. If I were 6ft 7in, I'd be able to see the whole of the skyline from my front window. As it is I have to stand on a chair.

Building you'd like to buy?
Battersea Power Station (below). I'd stop the developers making their greedy millions out of it and turn it into an arts venue. Then I'd build social housing in the grounds.

Most romantic thing someone's done for you?
My boyfriend asked me if I'd like to go into his garden and rummage in a trough of mud for the first potatoes we had grown.

What's your biggest extravagance?
Uber. I may as well just have my wages paid straight to them.

Best place for a first date?
It's been demolished now, but it would have been the New Piccadilly Café in Denman Street. And I'd have ordered a Crusha raspberry milkshake and a pork escalope.

First thing you do when you arrive back in London?
I play 'London is the Place for Me' by Lord Kitchener as I drive down the motorway. My best friend Chris put it on a mixtape for me when I was homesick doing *Casualty* in Bristol in 2002.

Who's your hero?
Jo in *Little Women* because she is independent, ballsy, kind, bookish and she tries to be a better person.

Best place to let your hair down?
Long Wave Bar in Elephant and Castle for the signature Walworth Spur cocktail, which is lethal.

LOUISE BREALEY

The Sherlock star tucks into pizza on Essex Road and goes wild in Elephant and Castle

Interview by **Hannah Nathanson**

Favourite shops?
Uniqlo for jeans; Clarks for shoes because it does half sizes; Peckham's pound shops for odds and sods; Wilma at The Gathering Goddess in Ladbroke Grove is my fairy godmother and lends me dresses for anything red carpet (and Benedict Cumberbatch's wedding); hairdresser George Northwood, who is a genius – he cut off all my long hair.

Favourite discoveries?
G Baldwin & Co in Walworth for herbal remedies and oils (left). It's 170 years old and absolutely wonderful. All the customers are working-class Londoners who've been going in for generations to treat everything from toothache to gammy foot.

Who do you call when you want to have fun?
My friend Mariah Gale, who's playing Isabella in *Measure for Measure* at the Globe. She knows where the parties are.

Earliest London memory?
I visited the Tower of London as a Brownie. We were scandalised by the Bloody Tower and agog at the Crown Jewels (above).

Best meal?
Saponara off Essex Road. I had a Saponara pizza, which involves artichokes and a lot of smoked Italian sausage. I may have also managed a slab of tiramisu.

Best piece of advice?
Failure is not trying.

Have you ever had a run-in with a London policeman?
Yes. For cycling in Hyde Park. I tried to get away from him on my bike. That didn't go down well.

Favourite pub?
The Ivy House in Nunhead. It's London's first community-owned pub. Frank, a navigator on Lancaster bombers in the war, sang 'Unforgettable' to me there last month. It's that kind of place.

Last play you saw?
Dara at the National Theatre (below). It's about the historical battle between Sufism and radical Islam and it made me sob.

Best thing a London cabbie has said to you?
One told me that Charing Cross was so called because 'charing' was Old English for bend and it's on the bend of a river.

What do you collect?
My parents are both hoarders and my flat is tiny, so I've had to curtail my collecting. In the past, though, it's been paper dolls that you can dress up and stones with holes in them.

Louise Brealey is in Constellations at Trafalgar Studios until 1 August (royalcourttheatre.com)

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ES MAGAZINE IS PUBLISHED WEEKLY AND IS AVAILABLE ONLY WITH THE LONDON EVENING STANDARD. ES MAGAZINE IS PUBLISHED BY EVENING STANDARD LTD, NORTHCLIFFE HOUSE, 2 DERRY STREET, KENSINGTON, LONDON W8 5TT. ES IS PRINTED WEB OFFSET BY POLESTAR. PAPER SUPPLIED BY LEIPA UK LTD. COLOUR TRANSPARENCIES OR ANY OTHER MATERIAL SUBMITTED TO ES MAGAZINE ARE SENT AT OWNER'S RISK. NEITHER EVENING STANDARD LTD NOR THEIR AGENTS ACCEPT ANY LIABILITY FOR LOSS OR DAMAGE. © EVENING STANDARD LTD 2015. REPRODUCTION IN WHOLE OR PART OF ANY CONTENTS OF ES MAGAZINE WITHOUT PRIOR PERMISSION OF THE EDITOR IS STRICTLY PROHIBITED. JENNY SMITH. TRISTRAM KENTON. ALAMY. ILLUSTRATION BY KATHRYN RATHKE

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